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Entertainment

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Celebrity pg 18

She may want to try counting sheep

Collectors ante up for Games' memorabilia

AUCTION Athletes might not be able to put a price on the amount of blood, sweat and tears they give to compete in an Olympics.

But collectors have.

A jersey worn by hockey player Sidney Crosby during a Team Canada game against Switzerland at the 2010 Winter Games has now sold for $35,100.

A puck from the overtime period of the gold medal hockey game is now in an Ohio resident's hands at the cost of $13,113.13

A tray that held the medals presented to the gold-medal winning women's hockey team sold for $5,000. THE CANADIAN PRESS

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Food pg 12

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KRISTEN THOMPSON/METRO VANCOUVER

Sandra Martins-Toner, with her husband, David Toner, holds a pin showing a picture of her son Matthew outside their Vancouver home yesterday. Matthew was killed in Surrey in 2005 and the woman convicted in his murder was granted a new trial, which begins today.

Mother of murdered teen dreads new trial

Martins-Toner says this time 'I'm going in an angry mom'

KRISTEN THOMPSON
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Today in a New Westminster courtroom Sandra Martins-Toner will relive what she says was one of the most traumatizing ordeals of her life — the trial of the woman accused of murdering her teenage son, Matthew.

It's something she's been bracing for since Katherine Quinn was granted a new trial last summer, and Martins-Toner said she feels revictimized.

"It's going to be so hard to walk back into that (court)," Martins-Toner said yesterday. "It's a place you never want to revisit."

To again face the prospect that the justice she seeks may not be served, and to listen to the details of Matthew's murder is overwhelming, Martins-Toner said, adding she's like a "walking zombie," trapped in limbo and unable to move on.

Matthew was 16 when he was robbed and beaten outside Surrey Central SkyTrain station in 2005. He died in hospital a few hours later.

Robert Forslund and Quinn, his girlfriend, were given life sentences but Quinn appealed and was granted a new trial in 2009.

The appeals court ruled the trial judge had erred by not properly instructing the jury about some of the evidence.

Martins-Toner said her emotions aren't as raw as they were during the first trial.

"This time I'm going in not as a sobbing, heartbroken mom. I'm going in an angry mom," she said.

"I'm angry that we're even back there. I'm angry that I'm being taken away from my children for five weeks and that (my husband) had to take time off."

"I never got to say goodbye to (Matthew)," Martins-Toner said.

"I'll be haunted by that for the rest of my life. I pray the last thing (Quinn and Forslund) see when they close their eyes is Matty. I hope they are haunted by him."

In court

- Katherine Quinn's second trial has been scheduled for a five week time span.

I made bad decisions, says Tiger

AUGUSTA While acknowledging he made some "incredibly poor decisions" in his personal life, Tiger Woods still thinks he can win the Masters — even coming back from a five-month layoff.

"Nothing's changed," Woods said yesterday during his first full-fledged session with the media since his life fell apart after revelations that he had multiple extramarital affairs. "I'm going to go out there and try to win this thing."

Woods again took full blame for his personal failings but stopped short of providing many new details.

He wouldn't say why he entered rehab for 45 days nor would he go into specifics about his infamous Thanksgiving night car crash, other than to say it took five stitches to close a lip wound.

"All I know is I acted just terribly," said Woods, sporting the makings of a goatee. "I just made some incredibly bad decisions, decisions that hurt so many people close to me."

He said his wife, Elin, would not be at Augusta.

Woods said he was pleasantly surprised how well the fans treated him during a practice round yesterday. The outing was his first before a gallery since the sex scandal made him a tawdry tabloid fixture.

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MORE COVERAGE, PAGE 11

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Local

Felions covering up this season

The B.C. Lions' Felions cheerleaders — the Felions — will be showing less skin than usual during the upcoming season. The team will be playing outdoors at Empire Fields while B.C. Place is undergoing renovations for a retractable roof, so the Felions will have to wear long-sleeved shirts and rain jackets. METRO VANCOUVER

News in brief

ROBBERY West Vancouver police say a man and a woman entered an electronics store with a young child and stole a display-model laptop computer. The three then left the store after the man broke a lock and the woman slipped the computer into her purse.

SCHOOLS BUDGET The Vancouver School Board is preparing to cut $18 million to balance its budget for the coming school year, CBC News reports. The budget plan will be presented to the school board tomorrow night.

ROBSON Vancouver Coun. David Cadman wants city staff to look at the possibility of closing Robson Street on Saturdays and Sundays this summer. The motion is expected to come before council today.

CONVICTION A Langley man has been sentenced to 10 years in prison for attempting to smuggle 200,000 ecstasy pills into Washington State last October, CKNW reports. Bradley Keith Bourque was convicted in a Seattle court yesterday.

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Video Wheels of justice turn in Ontario as bikes seized from theft ring make their way to at-risk children at **metronews.ca/canada**

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WESTON STEELE/FOR METRO VANCOUVER

BCCLA executive director David Eby shows off an image of the controversial mural outside the No. 2 Fire Hall in the Downtown Eastside yesterday.

Mural coming down

DTES fire hall image discriminatory: BCCLA

WESTON STEELE
for Metro Vancouver

A controversial mural in a Downtown Eastside fire station is coming down after complaints by the B.C. Civil Liberties Association.

The mural at the No. 2 Fire Hall depicts the Grim Reaper holding a scythe with the word "skids," and hanging from the tip is a syringe dripping blood. At the bottom it reads, "It's not the end of the world, but we can see it from here."

David Eby, executive director of the BCCLA, said the mural is offensive and adds more negativity to the DTES.

"For this fire department to call the entire community 'the Skids,' for this fire department to see its job as being the 'angel of death,' essentially picking up the leftovers, sends a message out to the broader community about who lives in this neighbourhood," said Eby.

"It's discriminatory on many different levels."

The mural is 15 years old and after initial complaints back in February, the fire department removed it, calling it "offensive." But last month, the mural was reinstalled, according to Eby.

Assistant fire Chief Wade Pierlot said the mural was uncovered so the department could clean the fire hall but added that it was never meant to be derogatory.

"I think we can all appreciate the hazards and the turmoil and the strife that drugs bring," said Pierlot. "I don't think anyone would argue with what that mural states, that drugs mean death."

Pierlot said the mural could be removed as early as tomorrow.

Neighbours' tips on grumpy suspect lead to grow-op bust

CRIME A North Vancouver man facing drug charges and deportation has nothing but his bad demeanour to blame for his arrest, police say.

The 47-year-old man was arrested for allegedly running a grow-op in his house after residents grew suspicious of his unfriendly attitude and called police, said RCMP Const. Michael McLaughlin.

When investigators showed up at the residence on Elmwood Place, they found more than 200 marijuana plants crammed into the home.

"This bust would not have been possible without tips from suspicious passersby," McLaughlin said.

"In spite of the fact the house is located in a desirable neighbourhood near parks and an elementary school, people noticed that nobody was living at the address."

When police began watching the home, they noticed the sole person there was a "decidedly anti-social 'caretaker'" who only came by at brief intervals.

"This bust would not have been possible without tips from suspicious passersby."
RCMP Const. Michael McLaughlin

The "caretaker" — a landed immigrant — now faces drug charges and could lose his home, his car and his Canadian citizenship.

"Get to know the people living and working around you," McLaughlin said. "At worst, you'll get to know a little more about the people in your neighbourhood. At best, you'll help put criminals in jail."

KRISTEN THOMPSON/
METRO VANCOUVER

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Lower Mainland 'Eco-Centres' eyed

RECYCLING The Metro Vancouver Regional District is considering building "Eco-Centres" throughout the Lower Mainland.

The first of the one-stop, drop-off recycling depots would be developed in Coquitlam and Surrey, according to a report coming before the Metro Vancouver board tomorrow.

The depots would be staffed and facilitate the recycling of all common blue box materials and organic wastes.

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Turban-tying contest targets Sikh youth
One of the biggest turban-tying contests in North America was held in Surrey yesterday as part of a campaign to encourage young Sikh men to take pride in their heritage. This eighth annual competition gives out prizes for the longest braid, biggest turban and best tying technique. METRO VANCOUVER

News in brief

LANGLEY The mother-in-law of a sex offender is outraged that someone is putting posters around his neighbourhood outing him as a pedophile. Mario Balducci served four months for invitation to sexual touching. METRO VANCOUVER

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City clamps down on use of bike routes

JEFF HODSON
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Vancouver is cranking up traffic-calming measures to drive vehicles off city bikeways and onto the arterial traffic routes.

The measures include temporary diverters and meridians that allow bikes, but not cars, at nine locations to prevent drivers from shortcutting through neighbourhoods on routes designated as bikeways.

"The advantage of the bike route," explained Vancouver Coun. Geoff Meggs, "is that it moves cyclists off the main arterials and gives them as safe and direct route without taking space away from motorists.

"But we're finding that motorists are liking the bike routes as well."

The big magnet for drivers, Meggs said, is the ability to coast along bike routes and then use the pedestrian-activated crossing lights to cross main routes faster than using main intersections.

"The advantage of the bike route is that it moves cyclists off the main arterials and gives them a safe and direct route without taking space away from motorists."
Coun. Jeff Meggs

Some of the measures include the closing of the median gap at King Edward and Heather Street and the installation of a bike-permeable meridian at 41st Avenue and Angus Drive.

LAURA FORTE/FOR METRO VANCOUVER

Rick Harker, of the B.C. Lions Society, poses with the Luongo Eagle yesterday. Tonight the Eagles are being auctioned off at a Gala, with 100 per cent of proceeds going to the charity.

Eagles set for charity auction

COMMUNITY The "Eagles In The City" sculptures seen all over Vancouver and across B.C. during the past year will be flying into the eager claws of the public tonight.

The Eagles will be auctioned off at The Great Eagle Gala & Auction, with the proceeds going to the B.C. Lions Society for Children with Disabilities.

Bidding for the sculptures starts at $2,000 and "they can go anywhere (up) to $50,000," said Rick Harker, director of properties for B.C. Lions Society.

Tonight 34 Eagles will be auctioned off at The Westin Bayshore Vancouver, with the remaining 101 available online at www.GoBid.ca.

Harker, the official Eagle wrangler, said the sculptures were "heavily respected," with "no graffiti problems."

"(Our Eagles) were everywhere where people were crowded downtown (during the Olympics)," said Harker. LAURA FORTEY/ FOR METRO VANCOUVER

How to help

- For $10, you help out the cause by picking up a chocolate Eagle from Rocky Mountain Chocolate Factory on Robson Street.

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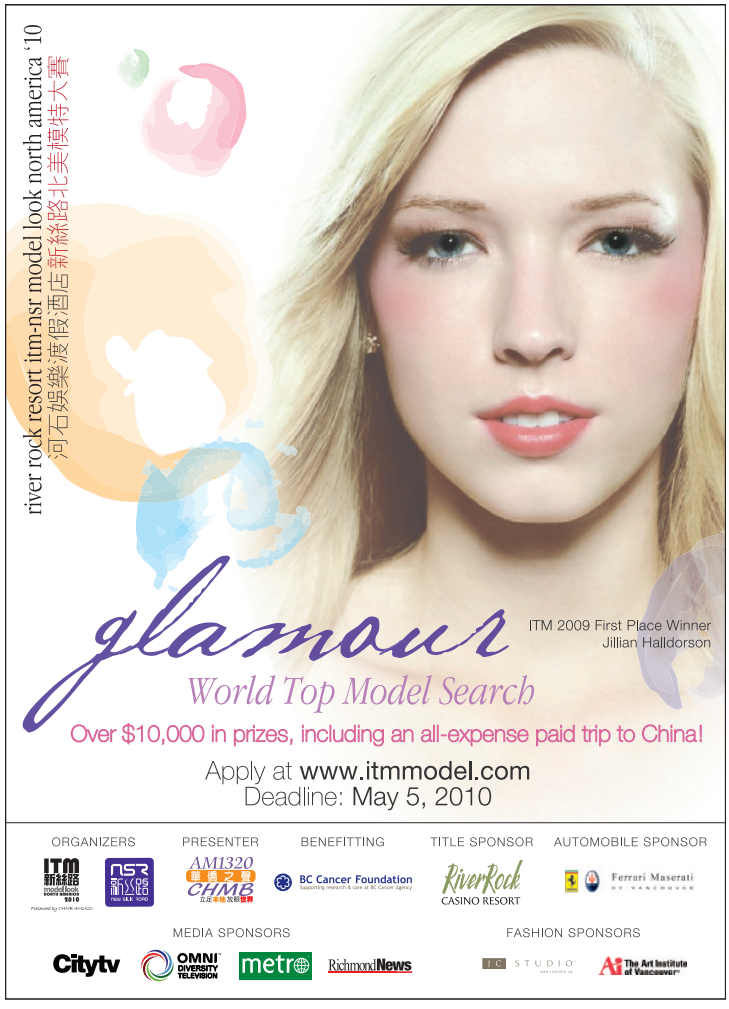

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Union to fight Canada Post privatization

The country's largest public-service union says it will fight a Canada Post decision to privatize parts of its operations. The Crown corporation announced last week it would outsource its contact centres and the National Philatelic Centre, eliminating more than 300 jobs across the country. THE CANADIAN PRESS

Canada

Quebec a distinct nation: Duceppe

Bloc Quebecois Leader Gilles Duceppe says the days are long gone when Canada could offer a deal like the Meech Lake accord to keep Quebec from becoming sovereign. Duceppe says in an interview with The Canadian Press that Quebec wouldn't be satisfied with being recognized as a distinct society now because it's a distinct nation. The Bloc leader will be taking the pulse of Canadians on the idea of sovereignty during a cross-country tour over the next two weeks. THE CANADIAN PRESS

Whitby, Ont. Friend's funeral

NATHAN DENETTE/THE CANADIAN PRESS

Football players stand arm-in-arm as they watch pallbearers carry the casket of football player Mike McDonald, 16, yesterday in Whitby, Ont. McDonald was stabbed to death outside his Oshawa high school during a fight at a bus stop last week. He died in hospital. An 18-year-old fellow student was arrested.

Tories to review process after James pardon

LAW Public Safety Minister Vic Toews says the federal government will look for ways to stop "rubber-stamped" pardons after revelations that sex-abusing hockey coach Graham James was granted one.

"I think there needs to be a little more direction given to the (National Parole) Board in terms of what they can consider overall," Toews said yesterday. THE CANADIAN PRESS

MPs' jet-setting budgets slashed

Federal politicians who've been jetting in style around the globe have had their wings clipped.

The proposed budgets for 13 parliamentary friendship associations — which send dozens of MPs and senators on coveted trips to exotic locales each year, at taxpayers' expense — have been rejected.

The joint House of Commons-Senate body which authorizes the budgets has told the associations that pricey world travel at a time of record deficits and spending restraint is unacceptable.

"What we did is we basically told everybody to go back to the drawing board," said David Tkachuk, a Conservative senator who co-chairs the Joint Interparliamentary Council.

"You can't be leaders, telling everybody else to practise restraint and not do it yourself."

The associations have not been left penniless, however.

While they draft new budget requests, the council has agreed to give the 13 associations a little more than $800,000.

THE CANADIAN PRESS

What was asked

- Draft budgets, obtained last month by The Canadian Press, showed the Inter-Parliamentary Union and the Commonwealth Parliamentary Association were asking for $870,366 and $605,818 respectively — most of it for travel.

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Comment

Harper may say Simon fits GG spot

NationalReport
Lawrence Martin

metronews.ca/nationalreport

Is the race for governor general over before it's begun? Canada has never had a member of our First Nations as governor general. That's quite an oversight and the word from the prime minister's neighbourhood is that he has been thinking of this and feels it's time the problem was rectified.

The aboriginal candidate who is attracting attention is Inuit leader Mary Simon. If the prime minister can be satisfied she can do the job with rudimentary French, sources say she's got it in the bag.

Forget all those celebrity names being bandied about like William Shatner. The post requires experience in politics and public affairs. Among other positions in her distinguished career, Simon has been ambassador to Denmark, ambassador for circumpolar affairs, chancellor of Trent University, and a negotiator for native peoples during the repatriation of the constitution.

She hails from a town in Nunavik in northern Quebec and Harper has become fond of the North since becoming prime minister. Northern development and Arctic sovereignty are among his top priorities. He has also taken a keener interest than expected in the native peoples.

Mary Simon

Put it all together and Simon — first revealed as a candidate for governor general by Maclean's last fall — appears an ideal choice. It would give the PM a first in history, it would be a great boost for the pride of the native peoples, and it would put a strong stamp on the Northern identity.

Simon has been taking French lessons for the past several months, apparently since her name began being bandied about as a governor general candidate. Though her French is weak, it is stronger than that of Raymond Hnatyshyn, who served as governor general in the Mulroney years. Her appointment would mean two successive governors general from Quebec, but Simon would be seen less as a Quebec governor general than as a native peoples one.

The Paul Martin Liberals seriously considered an aboriginal for the post in 2005 before settling on Michaëlle Jean, who leaves after a high-profile tenure that showed how important the governor general's post can be. In 2008, Jean granted a prorogation to Harper, one that may have saved his government.

From that point of view, Harper should be sorry to see her go. But if he is thinking of Simon as a replacement, he may very well have found a splendid successor.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Leave us the birds and the bees, please

Norm Beach

Four decades ago, in the year of the first Earth Day, Joni Mitchell took out her guitar and sang, "Hey farmer, farmer, put away that DDT, give me spots on my apples, but leave me the birds and the bees … please!"

Amazingly, people and politicians listened and acted, and for the sake of the birds and bees, the toxic chemical DDT was banned. Briefly, it looked good for busy, buzzing, chirping and warbling creatures. But their numbers have gone into a tailspin.

In the 40 years since Joni Mitchell's wake-up call, it's been estimated that we've lost nearly half our birds. York University biologist Bridget Stutchbury (Silence Of The Songbirds) blames the destruction of forest habitat as well as poisoning due to pesticides. She recommends we buy organic produce and shade-grown coffee from farms that have preserved trees.

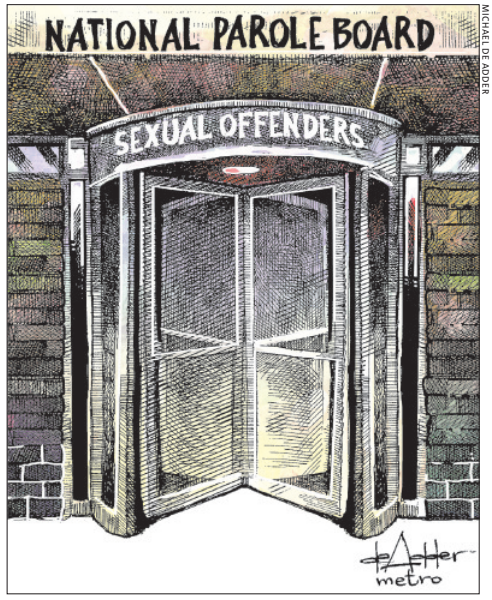
Ironically, bird-killing pesticides put us on a deadly treadmill because fewer insect-eating birds mean more bugs and even more toxic chemicals. And dwindling forests threatened by wood-eating insects will get smaller still if there aren't enough birds to eat the bugs. We all know birds need trees. How many of us think about the fact that trees need birds?

Pesticides are also killing bees and their dramatic population decline threatens our food supply. One-third of our diet comes from flowering plants pollinated by insects, mostly bees.

Recent bee die-offs have been called a mystery because scientists cannot agree on which of several factors is most important. But some widely used pesticides are known bee killers, and it might not be wise to suspend judgment until all the bees are gone. Because the one certainty is if that happens, we'll be the ones to get stung.

The birds and the bees are not only a metaphor for the miracle of procreation. In terms of ecosystem health, they're like canaries in a coal mine. If they're in trouble, we're in trouble. It's time to wake up and smell the coffee (organic and shade-grown, please.) Otherwise, we will all be singing the saddest line in Joni Mitchell's song: You don't know what you've got till it's gone.

Norm Beach is a writer and teacher in Toronto.



MICHAEL DE ADDER

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Karzai threatens to join Taliban
Afghan President Hamid Karzai threatened over the weekend to quit the political process and join the Taliban if he continued to come under outside pressure to reform. THE ASSOCIATED PRESS

9

World

Deadly attack follows lull in Pakistani violence

Islamist militants unleashed a car bomb and grenade attack against a U.S. consulate in northwestern Pakistan yesterday, killing four people and striking back after months of American missile strikes against Taliban and al-Qaida fighters in the region.

Hours earlier, a suicide bomber killed 45 people and wounded more than 70 at a rally by a secular political party in the northwest that has supported recent Pakistani army offensives in the region close to Afghanistan, where the United States is battling a related insurgency.

The attacks follow a lull in violence since the beginning of the year, illustrating the militants' resilience.

The multi-pronged strike against the consulate in Peshawar city was the first direct assault on a U.S. mission in the country since 2006. Officials said the four attackers in two vehicles hoped to breach the heavily fortified compound and kill people inside, but they failed to do that and caused only minor damage.

They detonated their first suicide vehicle at a checkpoint some 20 metres from the entrance to the consulate, said Peshawar police chief Liaquat Ali Khan. The second vehicle, which was carrying a larger amount of explosives, was stopped at another security barrier, he said.

"The driver had no option, but to detonate the vehicle right there," said Khan. The second blast killed two militants wearing suicide vests, said Khan.

THE ASSOCIATED PRESS

War of the Worlds 2? Jordanian newspaper's prank goes wrong
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Dozens missing in mine disaster

WEST VIRGINIA Rescuers converged on a remote coal mine where 12 workers were killed and more missing deep underground after an explosion rocked the operation that has a history of violations for not properly ventilating highly combustible methane gas, safety officials said. The blast occurred around 3 p.m. EDT yesterday at Massey Energy Co.'s sprawling Upper Big Branch mine as nine miners on a vehicle that takes workers in and out of the mine were leaving, said Kevin Stricklin, agency administrator for Coal Mine Safety and Health. Twelve were killed. Two others were hurt and in the hospital, officials said.

THE ASSOCIATED PRESS

Colombia **Painful day**

LUIS BENAVIDES/THE ASSOCIATED PRESS

Maria Gomez, centre, and Maria Jaramillo, mother and sister of Manuel Jaramillo, cry at the entrance of the morgue in San Luis, Colombia, yesterday. Manuel Jaramillo, 15, was among at least 21 people killed on Sunday, when a bus on the Medellin to Bogota highway left the road and fell down a cliff.

Some trapped miners survived on sawdust

CHINA The number of workers rescued from a flooded mine in China rose to 115 as more were pulled out alive yesterday after being trapped for over a week in the mine, where some ate sawdust and strapped themselves to the shafts' walls with their belts to avoid drowning while they slept.

Rescued miners wrapped in blankets, some with their light-sensitive eyes covered but their feet bare, were hurried to waiting ambulances that sped wailing to nearby hospitals. One clapped on his stretcher and reached out his blackened hands to grasp those of rescuers on either side.

Rescuers in tears hugged at the scene, which was broadcast live on national television. The sudden surge in rescues was a rare piece of good news for China's mining industry, the deadliest in the world.

Of the 153 initially trapped, there are still 38 miners in the shaft. Rescuers expressed confidence yesterday they could be saved but did not say whether there had been any contact with them.

THE ASSOCIATED PRESS

News in brief

CALIFORNIA Inspectors red-tagged nearly 80 per cent of Calexico, California's historic downtown area yesterday, where roofs caved in, windows smashed and inventory was strewn after a deadly quake. It could be devastating for the economy of the county, which already has the highest unemployment rate in the state.

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Jamaica..... 8.9 ¢	Greece.....2.9¢	Sri Lanka.....11.9 ¢
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New owners for leading aluminum manufacturer
An investor group led by the Ontario Teachers' Pension Plan says it has acquired Exal Group, the world's largest specialty manufacturer of aluminum containers. THE CANADIAN PRESS

Business

DOLLAR	GAS	OIL	TSX
US 99.72¢	US $4.236	US $86.62	12,186.35
US 0.55¢	US 15¢	US $1.75	35.29

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

On pins for parity

The Canadian dollar is approaching parity with the American buck for the first time in almost two years, with many predicting it could reach the psychological number at any time.

The loonie was trading up nearly a cent to about 99.8 cents US in early afternoon trading yesterday, the highest since July 2008.

"We're one good number away from seeing the Canadian dollar through parity," said CIBC chief economist Avery Shenfeld.

$1.10 The Canadian dollar hit a record $1.10 US in November of 2007.

If it doesn't happen earlier, the trigger may be Friday's employment report for March, particularly if Statistics Canada announces a higher gain than the 28,000 consensus call.

Jobs have been beating expectations in recent months, including February's surprisingly strong 60,000 pickup in full-time employment.

Economists say the unseasonably good March weather points to another strong result, although there is a downside risk that service jobs took a hit after the conclusion of the Olympics Winter Games.

But they stress it's tough to forecast what a currency will do, noting the loonie has flirted with parity for several months but has fallen back several times without rising above that level. THE CANADIAN PRESS

In brief

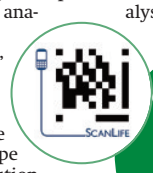
AUTOS General Motors will install a new brake safety measure that can prevent unintended acceleration on all its new vehicles worldwide by 2012, the company said yesterday. The announcement comes as U.S. regulators consider making the technology mandatory on new cars and trucks after Toyota's problems with vehicles that can speed out of control. General Motors has not had major problems with unintended acceleration, but the company said it was taking the step as a means of reassuring customers about the safety of its vehicles. THE ASSOCIATED PRESS

300,000 iPads sold on first weekend

TECHNOLOGY Apple Inc. said yesterday that it sold over 300,000 iPads on its opening day, meeting the expectations of some analysts.

The figures, which include pre-sales, were hardly exceptional despite weeks of hype about the revolutionary nature of a new class of device that falls somewhere between the phone and computer.

Still, first-day U.S. sales of the iPad exceeded those of the original iPhone in 2007, according to one analyst. THE ASSOCIATED PRESS



"Welcome. Chile is a disaster." Misinformation blamed for post-quake dip in tourism
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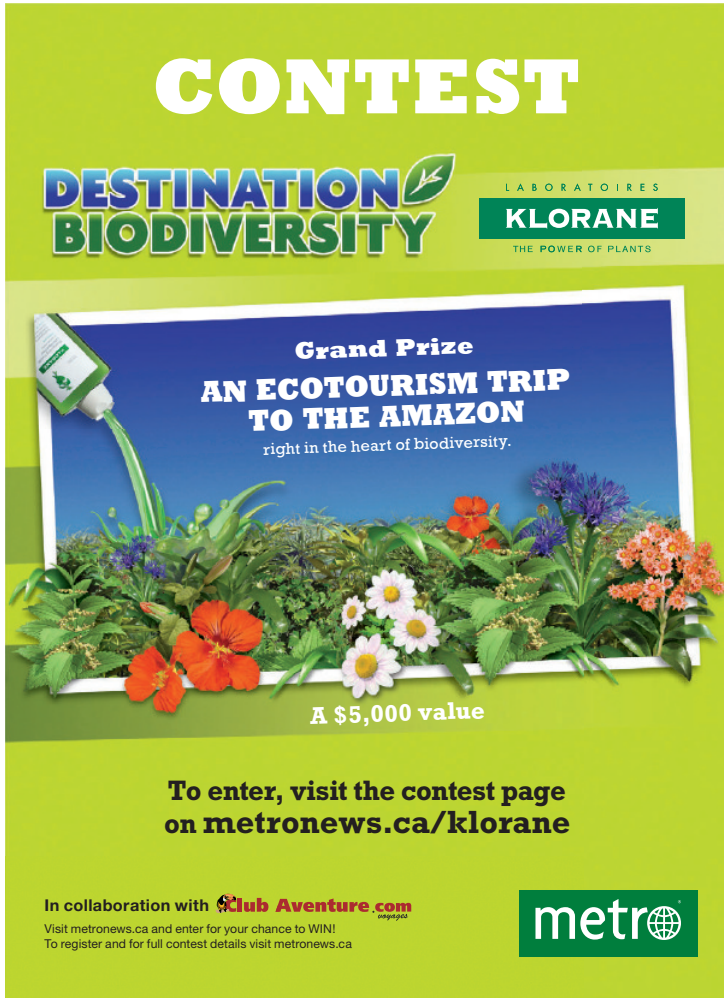
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Your Money

How to prepare for higher mortgage rates

AlisonOnMoney
Alison Griffiths
metronews.ca/alisononmoney

It's official. Last week the major banks raised mortgage rates — 60 basis points for a five-year fixed to 5.85 per cent from 5.25 per cent. Variable rate holders are quaking. Do you lock in, hold your breath and pray, downsize to delightful Musquodoboit Harbour?

Panic not. June 1 is the consensus pick by the pundits for the central bank to increase interest rates. But I doubt we are going to see precipitous rises to match the fall-off-a-cliff prime rate decline from 6.25 per cent at the end of 2007 to 2.25 per cent in early 2009. So there will likely be time to prepare and consider.

If you are one of the lucky ones with a variable rate pegged a certain percentage below prime — some are as much as one per cent — you still have lots of cushion. Even if you didn't crack such a yummy deal, any variable rate pegged at a quarter to half over prime or less is one you want to hold on to.

Interest rates could certainly rise by a couple of percentage points in the future if the Consumer Price Index (CPI) keeps increasing. But if your term has a couple of years or more remaining then you will still be saving on interest costs with a variable rate. Of course, you do risk renewing your mortgage at a higher rate than if you had locked in now.

ALISON'S MONEY RULE
The best defence is a good offence when it comes to rising mortgage rates. Create your own mortgage busting plan.

Fixed or variable the best way to protect yourself is to pay down your mortgage while you have the most advantageous rate. The more you take off the principal the less exposed you are to higher rates in the future.

One reader is attacking her mortgage by cancelling Internet and cable TV service — neither of which she uses much since she leads a busy life. And she intends to get rid of her cellphone when the contract comes due shortly and (this is huge) do her own manicures. The $185 a month saved will nicely speed her mortgage on its way.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

Salary growth slows in baseball
Opening-day baseball salaries grew despite the recession, although at a slower rate than in recent years. The average salary went up 1.8 per cent to $3.3 million US at the start of season, according to an analysis of rosters by The Associated Press. The increase was the lowest since a 2.7 per cent drop in 2004. THE ASSOCIATED PRESS

Sports

Pippen, Malone headed to Hall

Karl Malone, Scottie Pippen, left, and two of the best U.S. Olympic teams were selected yesterday as part of the Naismith Memorial Basketball Hall of Fame's Class of 2010. The 1960 and 1992 U.S. Olympic teams, which both won Olympic gold medals, will be part of the induction ceremony on Aug. 13.
THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Henrik Sedin avoiding thoughts of scoring title

CANUCKS With one week left in the regular season and the Art Ross Trophy well within reach, Henrik Sedin says he isn't concerned about chasing the first major award of his NHL career.

The Vancouver Canucks forward has a two-point lead over Alex Ovechkin in the scoring race, with Sidney Crosby in third, nine points back.

Sedin isn't concerned about holding off the league's two biggest superstars over the final three games of the season.

"I haven't really put a lot of focus on it," Sedin said yesterday on a conference call. "I think I passed Ovechkin in January. I mean, I was up there (and) I knew I had a small chance. But it's not all up to me.

"I can only go out and do my best, and then it's Ovechkin or someone else puts up 10, 12 points the last four games, then I still haven't won it."

Sedin has a chance to become the first Canadian-based player to lead the NHL in scoring since Calgary Flames captain Jarome Iginla in 2002. He would also be the eighth different player to win the scoring title in as many seasons.

The 29-year-old has taken his game to another level this season, racking up 24 more points than the career-best 82 he had in 2008-09. He's not sure exactly what prompted the surge.

"I can't really put a finger on it," said Sedin.

"There's a lot of different things that come together. (Linemate Alex) Burrows is having a career year; (twin brother and linemate Daniel Sedin) is playing better than ever too. We always try to get better every year"

THE CANADIAN PRESS

Sports in brief

UFC The long-delayed rematch between welterweights Jon Fitch and Thiago Alves will take place June 12 in Vancouver at UFC 115.

BASEBALL Red Sox ace Josh Beckett agreed to a $68-million US, four-year contract extension through the 2014 season, solidifying one of baseball's best rotations.

SOCCER Newcastle clinched a return to the Premier League when Nottingham Forest was held to a 0-0 tie by Cardiff yesterday. METRO NEWS SERVICES

Duke edges Butler

Duke won its fourth national championship last night, forcing Butler's Gordon Hayward to miss with four seconds left to hold off the Bulldogs 61-59 and end the tiny school's run at the title.

Kyle Singler had 19 points for the Blue Devils and Brian Zoubek rebounded Hayward's miss and hit one free throw with 3.6 seconds left to give Duke a two-point lead, ending Butler's try for a "Hoosiers" sequel one win short of the Hollywood ending.

The Blue Devils (35-5) snapped Butler's 25-game winning streak and brought the long-awaited fourth national title back home to Carolina and the Cameron Crazies.

The "Big Three" — Singler, Jon Scheyer and Nolan Smith — won the Big One for coach Mike Krzyzewski, his first championship since 2001 and the fourth overall, tying Coach K with Adolph Rupp for second place on the all-time list.

MARK J. TERRILL/THE ASSOCIATED PRESS

Duke's Lance Thomas, left, and Butler's Gordon Hayward get tangled up during the second half of the men's NCAA Final Four college basketball championship game yesterday, in Indianapolis.

"First of all, it was a great basketball game. I want to congratulate an amazing Butler team and their fans," Krzyzewski said. "Fabulous year. We played a great game, they played a great game. It's hard for me to say it, to imagine that we're the national champions.

"Both teams and all the kids on both teams played their hearts out," Krzyzewski added. "There was never more than a couple, a few points separating, so a lot of kids made big plays for both teams."

THE ASSOCIATED PRESS

SCOREBOARD

NHL
YESTERDAY'S RESULTS
Edmonton 4 Minnesota 1
St. Louis 2 Columbus 1 (OT)
Washington 3 Boston 2 (OT)

MLB
YESTERDAY'S AL RESULTS
Texas 5 TORONTO 4
Chicago White Sox 6 Cleveland 0
Detroit 8 Kansas City 4
Minnesota 3 L.A. Angels 6
Seattle 5 Oakland 3

YESTERDAY'S NL RESULTS
Philadelphia 11 Washington 1
N.Y. Mets 7 Florida 1
St. Louis 11 Cincinnati 6
Pittsburgh 11 L.A. Dodgers 5
Colorado 5 Milwaukee 3
Atlanta 16 Chicago Cubs 5
Arizona 6 San Diego 3
San Francisco 5 Houston 2

NCAA
YESTERDAY'S MEN'S BASKETBALL FINAL
Duke 61 Butler 59

CBS says it won't go easy on Woods

MASTERS As Tiger Woods gave his first news conference since his life unravelled, CBS' sports chief promised not to pull any punches in talking about the golfer's sex scandal on the air during Masters coverage this weekend.

"Our job is to cover what happens in the golf tournament," Sean McManus, CBS News and Sports President, said Monday. "This year Tiger's story is a major factor in the golf tournament and we are going to cover it fully."

CBS anticipates some extraordinary ratings from curiosity seekers if Woods is still in contention during the weekend, particularly for the final round. The network televises the tournament on Saturday and Sunday, while ESPN has the first two rounds on Thursday and Friday.

McManus said he's given no instructions to his announcers on what they can or cannot say about Woods. Similarly, the Masters hasn't said anything to him about how it wants the issue to be addressed, he said.

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Fish & chips turns 150

This year, fish and chips is celebrating its 150th birthday. That date is according to the National Federation of Fish Friers, which represents about 8,500 fish and chip shop owners in Britain. THE ASSOCIATED PRESS

Food

Tried and true recipes

Family and neighbours at Jeanelle Mitchell's summer cottage in northern Ontario have been the lucky recipients of her fabulous salads over the years. "Last summer I tested every recipe for this new book at our cottage," says the author of For The Love of Salad (Whitecap, paperback, $19.95). In addition to recipes, the book also provides tips on cutting and preparing vegetables and the basic principles behind creating a spectacular dressing. THE CANADIAN PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Spring into brunch classics

Welcome the season with a fresh open faced omelette and tomato salad

CARLO MENDOZA

Open Faced Omelette Turkey Sausage, Swiss Chard and Fontina Cheese.

Spring has sprung! And, for once, it's even come a little early.

Celebrate the warming weather and budding blossoms with a spring brunch full of bright, fresh flavours. Invite a few friends over, pour the mimosas (champagne mixed with freshly squeezed orange juice and a splash of curaçao), sit back and enjoy. Heck, you may even be able to throw open the windows.

An omelette is a brunch classic, and nothing says spring more than fresh eggs. This Open-Faced Omelette with Turkey Sausage, Swiss Chard and Fontina Cheese has a wonderful variety of flavours, including the mild creaminess of the Fontina, and the earthiness of the Swiss chard. Swiss chard tends to be underappreciated, but it's full of vitamins and a great source of dietary fibre. Best of all, its stems come in a variety of colours, and you can use them interchangeably.

A simple Fresh Tomato Salad is a beautiful pairing for the omelette, and is ready in a flash.

- CHRISTY PENGILLY

Open Faced Omelette with Turkey Sausage, Swiss Chard and Fontina Cheese

SERVES 4
PREP TIME: 5 MINUTES
COOKING TIME: 10 MINUTES
RECIPE DEVELOPER: PAULA BOWMAN

INGREDIENTS:

- 6 eggs
- 2 Tbsp milk
- 1/2 tsp kosher salt
- 1/4 tsp freshly grated black pepper
- 1 Tbsp olive oil
- 8 ounces turkey sausage, casings removed
- 2 green onions, thinly sliced (about ¼ cup)
- 1 bunch Swiss chard, cut crosswise into 1-inch chiffonade (about 4 cups)
- 1/2 cup fontina cheese, grated
- 4–5 basil leaves, torn

METHOD:

1. Preheat broiler to high.
2. In a medium bowl, lightly whisk eggs, milk, salt and pepper and set aside.
3. At medium high, heat oil in a 10-inch oven-safe non-stick skillet. Add sausage and cook, breaking into smaller pieces with the back of a wooden spoon until cooked through, about 4 minutes. Add green onions, stir 20 seconds until beginning to wilt, transfer to a plate and set aside.
4. Return skillet to heat; add Swiss chard and cook, stirring until beginning to wilt, about 3 minutes. Add sausage mixture to pan and stir. Add eggs to sausage mixture and tilt pan to cover bottom with egg mixture and distribute ingredients evenly. Push eggs away from sides and let uncooked eggs run to bottom of pan to cook. Sprinkle basil over egg mixture and cover top of omelette with cheese.
5. Cook for 3 to 5 minutes, until eggs are just set on the bottom. Transfer skillet to middle rack of the oven and broil until top is set, about 3-4 minutes. Cut into wedges and serve immediately.

CARLO MENDOZA

Fresh Tomato Salad.

Fresh Tomato Salad

SERVES 4
PREP TIME: 15 MINUTES
SUBMITTED BY GREG STEWART, ST JOHNS, NL; TESTED BY JILL CASHMAN

INGREDIENTS:

- 5 Roma or on-the-vine tomatoes
- 1 small red onion, minced
- 1 clove garlic, pressed
- 4 Tbsp lemon juice (or red wine vinegar)
- 1/4 cup olive oil
- 1/4 cup fresh Parmesan
- Pinch dried oregano
- Pinch fresh parsley or chives, minced
- salt and pepper to taste

METHOD:

1. Wash and cut tomatoes into bite-sized pieces.
2. Combine red onion, garlic, lemon juice and olive oil. Mix to combine. Add spices and salt and pepper to taste.
3. Toss tomatoes in dressing. Grate Parmesan onto tomatoes before serving.

Visit 20minutesupperclub.com/metro to find these and many more delicious ways to welcome spring.

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20MinuteSupperClub.com

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Season sippers

Winter has its advantages. When the weather outside is frightful I've got the perfect excuse to avoid all the outdoor work I hate so much. Sadly, come spring the lawn, the peeling paint and that deck of mine (that I really should stain) start to call out to me.

One of my resolutions for 2010 was to spend more effort keeping the Rockwell mansion shipshape and over the last few days I've thought long and hard about keeping that promise to myself. Since I think best with a glass in hand I got the wheels turning with a couple of season friendly wines.

Though over oaked whites may have fallen out of favour with the masses; a fresh, tropical chardonnay with just a little wood matches nicely with springy aromatics and lighter menus. The **2008 Toasted Head Chardonnay** ($16.95 - $17.99) gets its grapes from various California regions which inject its creamy fruit flavour with soft citrus and butterscotch undertones.

Warming temperatures match best with lighter reds and the **2008 La Vieille Ferme Rouge Côtes du Ventoux** ($11.95 - $13.99) from France is all about bright, relaxed, red berry fruit.

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SPECIAL FOCUS ON:
Fitness

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

How to become a superchick

ROMINA MCGUINNESS
Metro World News

Women are no longer going online simply to check up on their latest eBay bargains. Iamsuperchick.com, an online female fitness program developed by Georgie Thompson, from UK's Sky Sports, and personal trainer Cat Dugdale is giving women the opportunity to follow a fitness regime, while simultaneously cleaning their house or changing a nappy.

ROB MATTHEWS/METRO WORLD NEWS

UK TV presenter Georgie Thompson, left, and personal trainer Cat Dugdale have developed a new online female fitness program, iamsuperchick.com.

Metro spoke to Thompson about credit crunch fitness, cocktails and the ultimate hangover cure.

Most women would rather sit on the couch cradling a glass of wine in one hand and peanuts in the other than train.

"Women won't stick to an unrealistic training programme, no matter how committed they are," Thompson said.

"We offer an alternative; online programmes and home videos they can fit into their hectic lifestyles. The reason Cat and I created iamsuperchick.com was to help women who enjoy fitness but are too intimidated by it. From the Yummy Mummy workout to the Fight Club, the website covers for all.

"If we're going to put ourselves out there as a female fitness brand which responds to the demands of women, it must be reflected in the service," explains Thompson.

Whether you use a can of spaghetti hoops as weights (great for your bingo wings) or go into lunges while hoovering, it's all about shedding pounds away from prying eyes.

"Using what you have lying around the house and turning your front room into a gym is part of our credit crunch appeal," Thompson said.

"Fitness should be more light-hearted, not about fancy equipment or spending a fortune on personal trainers."

Some women fall in the trap of slacking, or even cheating.

"Unless you've got a personal trainer tracking your progress, no one can guarantee your accountability other than yourself."

As it turns out, most superchicks really do want to be accountable.

Hoopilates a great low-stress workout

ROMINA MCGUINNESS
Metro World News

Release your inner child as you get back to playground basics. From the glamourous Michelle Obama to your average sticky fingered five year old, everyone loves a bit of a swirl. Combine the cardio of hula hooping with the pull of Pilates for an all round body workout.

Hoopilates tones and sculpts the entire body, from your abdominals, to your hips to our thighs.

"Although hula hooping is very much about connecting with your inner child, this is an adult workout," explains Saharah Ali, Hoopilates trainer at Crunch Gym New York.

"The entire body is engaged throughout the class, from your muscles to your mind. The class begins with ten minutes of intense hula hoping in order to get the heart rate going, burn fat and increase the cardio vascular system.

"You hula to the right then to the left incorporating arm moves and leg lifts as you go along. This will make you leaner and stronger from head to toe. Good bye doughnut rolls and muffin tops, Hoopilates will leave you trimmed and sculpted."

The main challenge of the workout is keeping the hula hoop up and retaining your body balance. Concentration is key as you need to focus on your hand and eye coordination. The workout helps revitalize the nervous system , helping to keep your mind alert, and reversing the aging process.

"Hoopilates creates the same mental stimulation as doing a crossword puzzle, the brain is working alongside the body throughout — it's a 360 degrees class," says Ali.

One average people will burn between 300 to 500 calories in one session. It's great for those people who want a non-aggressive workout (no strain is applied on joints or the back) and those with balance problems. Hoopilates is ideal for those who have an issue with hard core cardio such as running or aerobics. Hoopilates is also a personality based, you need to lose all inhibitions before you start swaying and sweating to the music.

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Water can do wonders for you

ROMINA MCGUINNESS
Metro World News

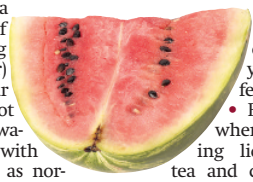
What water does to your body and skin

The human body is made up of between 55 per cent and 75 per cent water and constantly needs to be replenished if the body is to function at its best. On average, people should aim to drink two liters daily in order to replace natural fluid loss (through sweating, breathing etc…).

• Water helps to flush out the by products of fat breakdown. This process is essential for people trying to lose weight as water dilutes the waste products, allowing them to be removed form the body more rapidly.

• Dehydration (a consequence of not drinking enough water) means that your body does not have sufficient water to carry on with bodily functions as normal, leading to some unpleasant feelings. Symptoms include fatigue, headaches, dizziness, thirst and muscle spasms.

• Water can act as an effective appetite suppressant. A common mistake is confusing hunger pangs for thirst. Drinking a glass of water when the feeling first manifests itself will help you realize which one it is you are feeling.



• Be careful when choosing liquids — tea and coffee are both powerful diuretics, excessive consumption will cause you to lose a lot of water.

• Water is calorie free, so you can drink as much as you like.

• In order to get perfect skin you must not only be hydrating externally, but internally. Drinking lots of water, or alternatively, eating fruit or vegetables with a high water content is one of the best things you can do for your skin. Water will make your skin look more plump and radiant thanks to the added moisture.

Water super foods

• Grapes 83 per cent, tomatoes 97 per cent, aubergine 92 per cent, strawberries 91 per cent, watermelon 93 per cent.
(Approximate water content)

Problem Solved

You ask, our beauty expert answers

What is the best way to apply mascara to get full lashes without smudges on the eyelid?"
– Toby Miller

• The first step is to wiggle the wand left to right at the base of the lashes. It's the mascara placed near the roots, not the tips, that gives the illusion of length," says celebrity makeup artist Talia Shobrook. "Next, pull the wand up and through the lashes, wiggling as you go. The wiggling part is key because it separates the lashes. Then close the eye and place the mascara wand on top of the lashes at the base and pull through to remove any clumps.

Last, use a lash comb to get rid of any excess clumps."

• Email your beauty questions to us at style@metro.lu and we'll have a style expert answer them.

Maybelline New York Lash Stiletto, $9, maybelline.com

In brief

IPAD The Apple iPad can help you get fit, at least that is what the people at Men's Health are hoping. Men's Health announced that a digital edition of the publication designed exclusively for the Apple iPad will be available for purchase for those lucky enough to get their hands on one. The April issue of the magazine will be available for download in the Apple iTunes store for $4.99.

METRO NEWS SERVICES

A HEALTHY OUTSIDE STARTS WITH A HEALTHY INSIDE!

NUTRACLEANSE

NutraCleanse is an all-natural product designed to supplement the serious lack of fibre in the average diet. It offers a range of health benefits and may even help prevent colon cancer.

Nutracleanse is sold in 1 kg bags at health food stores, produce/deli markets, and bodybuilding supplement stores.
A daily serving costs about 75-85 cents. Please check our website and click RETAILERS for a store near you.

BENEFITS OF DAILY USE
- Optimum regularity
- Cleansing and detoxification of colon
- Improved digestion and absorption of nutrients by the body
- Prevention of hemorrhoids
- Lower cholesterol and blood pressure
- Assists in rebuilding of skin cells and cartilage
- Increased energy and vitality
- Maintenance of healthy body weight

SUGGESTED AMOUNT = *1/3 CUP
[daily]
This all-natural product makes up for the lack of fibre in your diet and may help prevent colon Cancer

NUTRACLEANSE IS A WEIGHT-LOSS AID TOO!
1. A half hour before each meal, drink a glass of water (1/3 litre).
2. Morning and evening, 15 minutes before meal, mix 2 heaped tablespoons of Nutracleanse into 2/3 cup milk or juice and drink.
3. Eat less at meals, and walk or take other exercise daily.

0 CARBS GLUTEN - FREE ...for life!

NutraCleanse is an all-natural product designed to address the serious problem of lack of fibre in the North American diet.

NutraCleanse is based on a 150 year-old Finnish recipe and is designed to promote optimum regularity and colon health. Our product generally relieves constipation within 24 hours and the problem does not recur with continued use. The all-natural ingredients of NutraCleanse offer numerous additional health benefits including lower cholesterol and blood pressure, rebuilding of skin cells and cartilage, loss of excess body weight, and increased energy and vitality.

Optimally, it is healthiest to have two to three bowel movements daily. Failure to eliminate waste from the body on a daily basis causes a host of problems. It slows down the rate at which wastes move through the colon, leading to toxins being absorbed into the body. This "auto-intoxication" can, over a period of time, cause auto-immune disorders as well as problems such as obesity, gas, bloating, diverticulosis, headaches, depression, even colon cancer.

For optimum colon health, a lifelong daily intake of **25-30 grams** (about an ounce) of fibre is required. The average diet provides under half of this required amount. One serving of NutraCleanse a day provides approximately **60 percent** of this daily recommended intake making it an excellent dietary fibre cleansing supplement.

A Tasty Solution!

NUTRACLEANSE is a delicious, all-natural blend of ground organic flax seed, psyllium and three cleansing herbs designed to promote optimum regularity and colon health. It is easy to use too... just add 1/3 cup (30 grams) to almost any hot cereal or make a NutraCleanse Smoothie. (see recipes) NutraCleanse is also high in protein and Omega 3 fatty acids which are essential for optimum health. **Flax is the highest in Omega-3 of any food.** NutraCleanse therefore provides the body with high-quality nutrients as well as cleansing fibre and lubrication to the colon.

RECIPE #1
On the run?
Just add 1/3 cup or three heaped tablespoons of NutraCleanse to 2/3 cup milk or juice and stir. Enjoy! (Mixture will naturally thicken after 1 minute.)

For these and other tasty NutraCleanse recipes visit our website at www.nutracleanse.biz

NUTRITIONAL INFORMATION 30 g serving = 1/3 cup	
Calories	90
Dietary Fibre	18 g
Fat (Contains the essential fatty acids OMEGA 3+6)	8 g
Protein	4 g

INGREDIENTS
NutraCleanse contains the following all-natural organic ingredients:
Ground Flax Seed
Ground Psyllium Husks
Dandelion Root Powder
Burdock Root Powder
Fenugreek Seed Powder

NutraCleanse... The Optimum Solution.

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Training like a Titan

Extreme Fitness, a fitness club chain in Toronto, **and Warner Bros Canada want you to look and feel like a titan. Professional wrestler, fighter and fitness trainer George Kiriakiou has come up with a sequence kick-butt moves to do just that.**

"The program combines fitness training of an elite athlete with training of a professional martial artist," says Kiriakiou. "The Clash of the Titans Warrior Workout focuses on improving your mental state so that you can lose weight, increase energy, burn fat, increase core strength and get a god or goddess-like figure."

THE TITAN PUSH-UP

Step 1: Place both hands in front of you on the ground, shoulder width apart. Place feet wide apart, making sure that both arms and legs remain straight. Back must remain flat with your head looking forward, getting ready to do the push-up.

Step 2: Slightly bend your arms, causing you to bring your upper body down and forward. You want to remain having a flat back as you skim your torso across the floor.

Step 3: Continue moving your body forward and up until your arms are straight again. This will cause your lower back to arch as your hips become lower to the ground. As a result your back should be arched slightly while you are thrusting forward. This means that your feet are shoulder width apart and your arms are straight in front of you. Bend your knees so that your legs make 90 degree angles.

Step 2: From the basic squat position, jump up as high as you can while making a 180 degrees switch of position in the air.

Step 3: After completing a 180 degree jump, you want to land in the same squat position as in step 1.

Step 3 of the Titan Lunge.

THE TITAN SQUAT

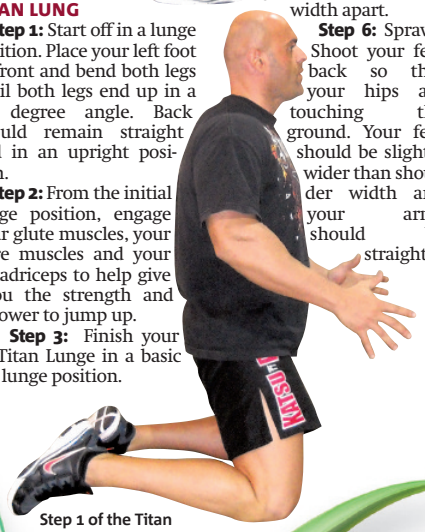
Step 1: Begin your Titan Squat in a basic squat position.

THE TITAN LUNG

Step 1: Start off in a lunge position. Place your left foot in front and bend both legs until both legs end up in a 90 degree angle. Back should remain straight and in an upright position.

Step 2: From the initial lunge position, engage your glute muscles, your core muscles and your quadriceps to help give you the strength and power to jump up.

Step 3: Finish your Titan Lunge in a basic lunge position.



Step 1 of the Titan Sprawl.

THE TITAN SPRAWL

Step 1: Begin on your knees with your back straight. Make sure that your knees remain shoulder width apart.

Step 2: From the position in step one, use your arms to help elevate you as you jump from your knees to your feet.

Step 3: Land your jump from your knees onto your feet. You want to land in a squat position. Make sure that as you transfer from your knees to your feet, your back remains straight and your feet remain shoulder width apart.

Step 4: Jump up as high as you can. This is an explosive movement that requires you to perform the jump as soon as you feet from step 3 are on the ground.

Step 5: As you land your jump, bend over and place your hands on the ground shoulder width apart.

Step 6: Sprawl. Shoot your feet back so that your hips are touching the ground. Your feet should be slightly wider than shoulder width and your arms should be straight.

Staying in good shape will make your sex life better

The J Spot

Josey Vogels

metronews.ca/thejspot

Presenter

• Josey Vogels will be one of the presenters at the Feminist Porn Awards this Friday, For more info visit the Sexcetera blog at metronews.ca.

Okay so that New Year's Resolution to start exercising and get in shape never amounted to anything. Maybe you just need some added incentive. How about this? Regular cardiovascular exercise will improve your sex life.

In a study at the University of California, San Diego, 78 sedentary middle-aged men (their average age was 48) did aerobics every other day for an hour. After nine months they made love 30 per cent more often and masturbated 50 per cent more often.

That's because exercise not only relieves stress, relaxes you, increases your energy and stamina, and improves self-esteem and self-confidence (all very sex-positive), working yourself into a big, smelly sweat actually also makes you randy. Cardiovascular exercise elevates endorphins in your bloodstream and increases adrenaline and testosterone (in women too) — all the things your brain needs to make you want to say, "Do me!"

There are other sex-specific benefits from exercise. For women, regular exercise keeps your genitals nice and fit. Like other muscles in your body, the ones around your vagina get flabby with age leading to incontinence or a prolapsed uterus. As fun as all that sounds, regular exercise can help to avoid these problems.

And guys, you're not always going to be the studly young things you are now. Men's levels of arousal and their ability to maintain erections wane as you age. Regular exercise will keep your blood pumping … everywhere.

Also, a good set of butt and lower back muscles will give you stamina and keep you from collapsing while you're doing the deed.

Abs of steel, strong thighs and a decent set of shoulders don't hurt either, and that goes for men and women.

Finally, sex in itself can be a good workout. During a good session of sex (the kind that leaves your legs rubbery and your head light), your heart rate multiplies as much as three times, and your breathing is almost twice as fast.

You can also burn between 200 and 300 calories. And a good, toe-curling orgasm helps tone every muscle in your body. Most cardiovascular fitness routines recommend that to get and keep fit you need to raise your pulse and keep it an increased rate for 20 minutes, two or three times a week. So if you can't afford a gym membership…

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Earth Day Jour de la Terre CANADA

In April, **KLORANE Laboratories will donate $1** to the Earth Day® Canada Charity for every KLORANE hair care product sold.

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THE POWER OF PLANTS

Brangelina in Bosnia

Angelina Jolie and Brad Pitt visited Bosnia yesterday, intending to spotlight the plight of 117,000 people who have not able to return to their homes, even though the Bosnia war ended 15 years ago. THE ASSOCIATED PRESS

Entertainment

The first brick

Madonna will lay the first brick of her Raising Malawi Academy for Girls today, signalling the official start of construction of the $15 million academy, set to open in 2011. THE ASSOCIATED PRESS

EDITOR: DEAN.LISK@METRONEWS.CA

Rufus Wainwright plays on

TheAudioFiles

Bryan Borzykowski
metronews.ca/music

Rufus Wainwright has always been an emotional artist — he's written about his addictions to drugs, talked openly about his sexual history and he hasn't shied away from singing about his famous family. But his latest record may be his most introspective yet. The album, All Days Are Nights: Songs for Lulu, was written while his mother, the popular Canadian folk singer Kate McGarrigle, was battling cancer.

She died in January, with Wainwright, his songwriting sister Martha and his folk singing father, and McGarrigle's ex, Loudon Wainwright III by her side.

When I spoke to the Montreal-raised artist about two months after his mother's death, he sounded exhausted. But, as usual, he didn't shy away from talking about his personal life.

"There have been times where I've just been going through the motions," he says on the phone from a beach house in Montauk, N.Y., recalling some concerts he's played recently. "But I'd hit a chord and sing a note and somehow it just opened the floodgates to a sea of memories and feelings. I was completely flabbergasted and beside myself. There's a musical language that corresponds to her spirit for sure."

Whether it's real or imagined on my part, that spirit seems to be all over his new disc.

The record is a stunning collection of haunting piano and vocal-only songs that deal with illness, loneliness and also hope. Not every song is explicitly about his family, but tracks such as Martha, tackle his mother's cancer — and his relationship with his sister — head on.

"One of the great natural mysteries of the musical world is my family," he says half-joking, explaining why he writes about his relatives. "The fact is we are all successful, but not we're the Jacksons thank God. We've all managed to carve out our own singular sounds that are in one way distant, but also complementary to each other. It's a real anomaly."

The songwriting on this record gives those heartfelt lyrics an even softer edge. The spare instrumentation (though the piano is incredibly complex) is a far cry from the artist's usual over-the-top musical-like pop. It was as if he wanted to bring his songwriting back to basics so he could show off just what he learned from his mother and father over the years.

Rufus Wainwright's new album, All Days Are Nights: Songs for Lulu, was written while his mother, the popular Canadian folk singer Kate McGarrigle, was battling cancer. She died in January.

McGarrigle did get to hear some of the album — if not on record, at least while he was writing. Because the piano arrangements were some of the most involved pieces he's ever composed, he had to practice — a lot.

"My poor mother was ill upstairs, and be-

> **"I'd hit a chord and sing a note and somehow it just opened the floodgates to a sea of memories and feelings."**
> Rufus Wainwright

cause I was really hammering out this album it wasn't a delightful listening experience," he says. "I'd go upstairs and she'd be like, 'I'm not sure about this record, it sounds good to see live, but it's a bitch to listen too."

Wainwright knows he still has many months ahead of him before the grief begins to subside, but that won't keep him from playing. If anything, his mother's death will keep him going. "When she died there was this almost instantiations and incredible reaction from the world press about her," he says. "It wasn't just about her being our mother, or being part of the McGarrigle sisters, but even about her own quirky view on things. There was a strong sense of a major accomplishment and legacy that I have to propagate."

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

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DVD picks

The Lord of the Rings Trilogy (Blue-ray)

Directors: Peter Jackson

PERHAPS YOU LIVE in a cave, houseboat or hobbit hole where space is at a premium. Maybe you haven't already purchased one of the approximately 967 other DVD packages of this fantasy epic.

Could you by chance be one of the last remaining humans on the planet who have yet to see the Tolkien classic, as rendered cinematically by Peter Jackson for a total of 17 Academy Awards?

All of the above could be reasons why you'd want to splash out for this compact Blu-ray set, which neatly bundles all three films and their special features into one compact case, for a total of nine discs.

The main reason for purchasing this edition would be to get the unparalleled visual and sonic benefits that Blu-ray handsomely delivers. Frodo, Gandalf and their ring-chasing buddies have never look so good, outside of a movie theatre.

Everything you could ever want to know about the films is contained in the more than six hours of extras included in this set. There are also digital copies of all three movies, should you wish to view them in standard definition on your iPhone, iPad or wizardly laptop.

Bad Lieutenant: Port of Call New Orleans

Directors: Werner Herzog

NICOLAS CAGE TAKES the junkie lawman character from Abel Ferrara's 1992 original Bad Lieutenant to a whole new level of weirdness, aided by director Werner Herzog's relocating of the action from New York to the dank back alleys and furtive hotel rooms of post-Katrina New Orleans.

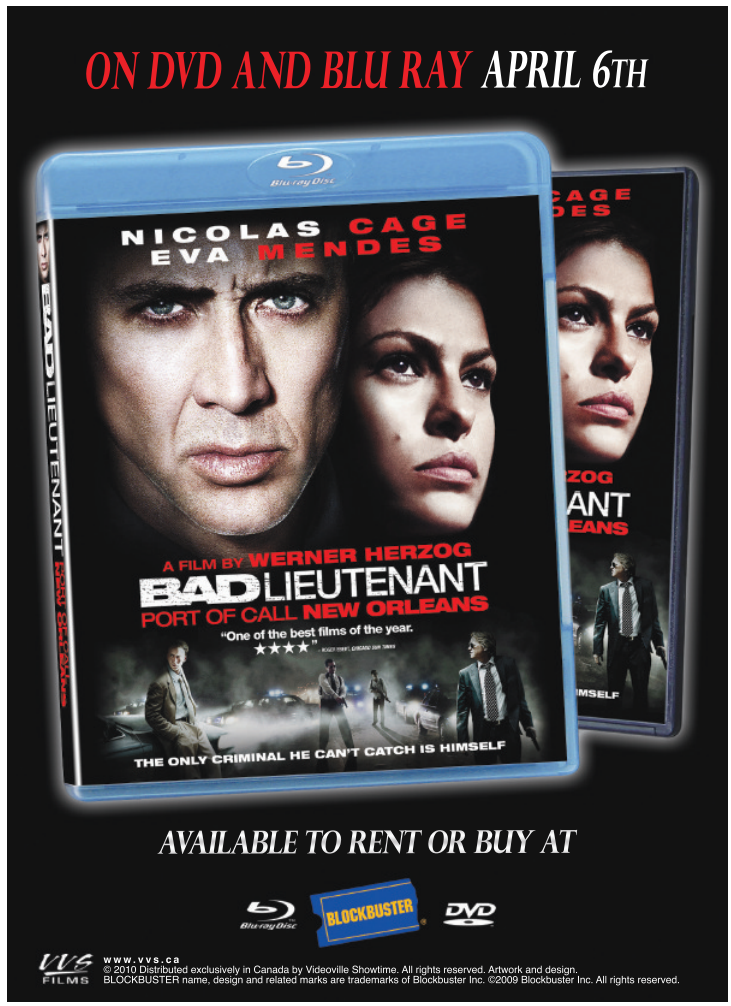
Everybody in Herzog's vision of the Big Easy is tightly wound, tripping pharmaceutically or on the take — or all three in the case of Cage's Terence McDonagh, a once-noble cop whose life has taken a tragic turn downhill.

Herzog told Cage to "set the pig loose" with his portrayal of McDonagh and does he ever. McDonagh's huge appetite for drugs, sex and violence makes him more scaly than the gators and iguanas that pop up unannounced, although the critters might just be a figment of a fevered mind that is perilously close to flipping out.

Yet the compromised copper is also capable of genuine tenderness, as seen in his love and devotion to a hooker junkie played with grace and empathy by Eva Mendes.

The slim extras include a making-of featurette and a digital photobook of onset photos.

Peter Howell/for Metro Canada


ON DVD AND BLU RAY APRIL 6TH
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"One of the best films of the year."
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Blagojevich fired from Trump show

TV Rod Blagojevich has been fired again. The former governor, whom Illinois lawmakers ousted from office last year, has been kicked off NBC's Celebrity Apprentice. Apprentice boss Donald Trump fired him after Blagojevich struggled as team leader in creating an interactive display. Technology posed a surprising hurdle for Blagojevich. On Sunday's show, he had trouble sending text messages and emailing. Blagojevich explained his difficulties using cellphones and computers on WLS-AM's Don Wade and Roma Morning Show Monday. He says his generation didn't grow up with what he calls all that stuff. **THE ASSOCIATED PRESS**

Kenya's Style

Kenya Hunt

Exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

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	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		Omni News: Punjabi Edition		Law & Order: Criminal Intent		Metropia
	250	321	9 CTV	Lost "Happily Ever After" (N)		American Idol Nine finalists compete. (Same-day Tape) (CC)				Law & Order: Special Victims		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Islam 101 (CC)		Enigma (CC)		P3	Diya (CC)	New Day
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	289	381	15 CBS	Entertainment	The Insider	NCIS "Guilty Pleasure" (N)		NCIS: Los Angeles (N) (CC)		The Good Wife "Doubt" (N)		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser A swimming challenge. (N) (CC)				Parenthood "The Big "O"" (N)		KING 5 News
	602	568	19 W	Supernanny (CC)		Style by Jury	Grocery Bag	Beauty Call	Style by Jury	How to Look Good Naked		Beauty
	288	380	24 ABC	Wheel Fortune	Jeopardy! (N)	Dancing With the Stars (CC)		Lost "Happily Ever After" (N)		(:02) V "Pound of Flesh" (N)		KOMO 4 News
	-	-	26 KVOS	M*A*S*H	M*A*S*H	Polyester ★★ (1981, Comedy) Divine, Tab Hunter.				Seinfeld	King	Cold Case
	291	383	27 PBS	Life (Part 2)	Steves Europe	NOVA (N) (Part 1 of 2) (CC)		The Mormons (Part 2 of 2) (CC) (DVS)				Independent
	290	382	28 FOX	Two/Half Men	Two/Half Men	American Idol Nine finalists compete. (Same-day Tape) (CC)				Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	(6:00) The Mormons		Foot in Grave	After You	Tavis Smiley	Charlie Rose (N) (CC)		NOVA (Part 1 of 2) (CC)	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Fast Cash	Street Court	Cold Case
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 (N) (CC)		Melrose Place "Sepulveda"		KTLA 5 News at 10 (N) (CC)		Friends (CC)
	295	651	36 WGN	Basketball	WGN News	Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	23 NW	CBC News: the fifth estate		CBC News: The National (N)		CBC News: The National (N)		CBC News: the fifth estate		National
	500	500	33 CNN	Anderson Cooper 360 (N) (CC)				Larry King Live (CC)		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	NHL Hockey Colorado Avalanche at Vancouver Canucks. (Subject to Blackout)					Sportsnet	Sportsnet Connected (Live)		UEFA Soccer
	400	400	30 TSN	(6:30) NHL Hockey San Jose Sharks at Calgary Flames. (CC)				SportsCentre	Classix	World Series of Poker		SportsCentre
	411	457	49 OLN	Ghost Hunters (CC)		Destination Truth (CC)		Oper. Repo	Oper. Repo	Ghost Hunters (CC)		Ghost Hunters
	410	403	54 SCR	(6:00) Court Surfing NBA news, scores and highlights.				Women's College Basketball				Final Score
	417	406	55 SC	Dangerous Drives		Pass Time	NASCAR Hub	Race in 60		Monster Jam		Danger-Drives
	416	409	144 GLF	Fútbol Uruguayo		MLS Weekly	Gol TV News	Toronto-Today	MLS Weekly	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	iCarly (CC)	Scorpion	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	555	545	50 TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's	Cory in House	That's-Raven
	553	546	53 TRE	Little Bear	Toopy	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Frontiers of Construction		We Built This City "Paris"		War Photographer ★★★ (2002, Documentary) (CC)				Buchenwald
	575	583	20 CMT	Home Imp.	Home Imp.	Meet-Wilsons	Wilsons	Amer. Funniest Home Videos		Reba (CC)	Reba (CC)	According-Jim
	570	580	42 MM	(6:30) Muchmusic Countdown		UR11		Gossip Girl (CC)		Love Court	Love Court	Video on Trial
	600	564	29 H&G	House Hunt	House	Holmes on Homes (CC)		Sarah's House	Genevieve	Outdoor Room	Curb/Block	House
	615	520	31 A&E	CSI: Miami "Flight Risk"		Runaway Squad Tayvela is 15.		(:01) Criminal Minds (CC)		(:01) Criminal Minds (CC)		CSI: Miami
	628	584	32 SPKE	Deadliest Warrior		UFC Unleashed		DEA "Deadly Chase"		Deadliest Warrior		Trek: Voyager
	521	560	24 TLC	Chocolatiers	Chocolatiers	My First Home	My First Home	19 Kids-Count	19 Kids-Count	Chocolatiers	Chocolatiers	Ultimate Cake
	616	522	63 SHO	Relic Hunter "Buddha's Bowl"		Unthinkable (2007, Suspense) Michelle Forbes. (CC)				Drop Dead Diva (CC)		NCIS (CC)
	620	523	40 BVO	Spectacle: Elvis		Law & Order "Terminal"		Without a Trace "Trials"		Smash-Up: The Story of a Woman ★★★		
	601	562	41 SLC	Wedding SOS	Wedding SOS	ET Canada	Whatever	Real Housewives, Orange		Real Housewives, Orange		Runway
	520	505	42 DIS	Swamp Loggers (N) (CC)		Daily Planet (CC)		Destroyed	Destroyed	Swamp Loggers (CC)		How It's Made
	522	506	44 HIS	Aftermath "World Without Oil"		Cities of the Underworld		Pawn Stars	Pawn Stars	Nostradamus Effect (CC)		Weather
	627	528	45 SPC	Fringe "Peter" (N) (PA) (CC)		InnerSpace	Stargate SG-1 (CC)		Star Trek: Next Gener.		Star Trek: Voyager (CC)	
	294	650	57 TBS	The Office	The Office	Lopez Tonight (N)		Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	The Celebrity Apprentice A theme park's new attraction. (N)				Dog Whisperer (CC)		End of Leash	Last 10	Tube Tales
	603	561	62 FN	Chefs vs. City "Las Vegas"		Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	Dinner: Impossible (CC)		Chefs vs. City
	-	-	53 AMC	Tigerland ★★★ (2000, Drama) Colin Farrell. Premiere.				(:15) The Untouchables ★★★★ (1987) Kevin Costner, Sean Connery. (CC)				
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Fit.-Conchords	Awesome	Daily Show
	320	621	60 CEN	(6:25) Courage (2009)		Orphan ★★ (2009) Vera Farmiga, Peter Sarsgaard. (CC)				(:05) The Uninvited ★★ (2009, Horror) (CC)		
	581	566	101 MTV	16 and Pregnant "Leah" (N) (CC)			MTV Live	My Life as Liz	Taking, Stage	16 and Pregnant "Leah" (CC)		
	261	394	102 V	Unscripted (N)	CrazyLove	Poltergeist: The Legacy		The Perez Family ★★ (1995) Marisa Tomei, Alfred Molina. (CC)				
	-	-	105 MUL	My Queen	Immortal	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

Parenthood

Kristina's (Monica Potter) constant worrying takes a toll on her love life with Adam (Peter Krause). Max (Max Burkholder) starts working with a young behavioral aide (Minka Kelly). Sarah (Lauren Graham) debates whether she should go out with Amber's (Mae Whitman) teacher (guest star Jason Ritter). Crosby (Dax Shepard) tries to get the courage to tell his parents about Jabbar (Tyree Brown). Erika Christensen also stars in the new episode "The Big 'O.' " 10 PM on NBC, CITY

The Good Wife

Will and Alicia (Josh Charles, Julianna Margulies) deal with their growing sexual tension while defending a student accused of killing her sorority sister while under the influence of a sleep aid. Kurt and Diane (Gary Cole, Christine Baranski) continue to flirt in the new episode "Doubt." David Paymer guest stars; Archie Panjabi and Matt Czuchry also star. 10 PM on CBS, GTV

Alcohol + Pregnancy = Bravo series
Real Housewives of New York star Alex McCord reveals in a new book that she drank while pregnant, usmagazine.com reports. McCord is the mother of two boys (ages six and four). METRO NEWS SERVICES

Celebrity Buzz

Lohan tweets about nightclub 'sell out'

I'D LIKE TO NOMINATE THE LOHAN FAMILY FOR THE WORLD'S FIRST TWITTER BAN Lindsay Lohan claims a recent incident in which she was denied access to a West Hollywood nightclub was staged by the club's security to set her up for the paparazzi. Lohan took to her Twitter account to complain about the staff at Voyeur, insisting she wasn't even trying to get into the club.

METRO WORLD NEWS

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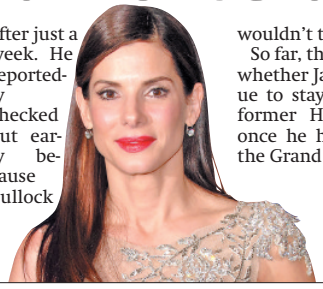
Bullock preps divorce docs

MEANWHILE, HER HUSBAND CHECKED OUT OF SEX REHAB WHEN HE FOUND OUT YOU COULDN'T HAVE SEX IN THERE Sandra Bullock has reportedly had divorce papers drawn up to end her marriage to Jesse James after his cheating scandal erupted last month, but sources say the actress isn't giving any indication of when or if she'll file, according to Radar Online. "Her attitude toward Jesse hasn't softened since she found out he was cheating on her," a source says. "She's been betrayed and cheated on and she's not getting over that." James, meanwhile, is said to have left the Arizona rehab facility he'd checked himself into after just a week. He reportedly checked out early because Bullock wouldn't take his calls.



So far, there's no word on whether James will continue to stay at the couple's former Hollywood home once he heads back from the Grand Canyon state.

METRO WORLD NEWS

Lady Gaga can't fall asleep anymore

WELL, IF HER DREAMS ARE ANYTHING LIKE HER VIDEOS I CAN'T SAY I BLAME HER Lady Gaga says her success over the last two years has made her an insomniac.

"My passion is so strong I can't sleep. I haven't slept for three days," she says, according to Exposay. "I lie in bed and try to pray and breathe. I have a very overactive mind. I'm the sort of person who'd never take medication to calm myself. It's maddening. But I love what comes out."

And she admits she's not worried about things getting worse. "I'm already crazy," she says.

METRO WORLD NEWS

Celebs tweet about quake

IT CLEARLY WASN'T POWERFUL ENOUGH TO DISMANTLE THEIR IPHONES A 7.2 earthquake hit Baja California on Sunday afternoon — about 240 miles southeast of Los Angeles — and the news was felt across Twitter, accessHollywood.com reports.

Paris Hilton Tweeted her fear of the quake, which was felt in LA, San Diego — and even Las Vegas. A second, smaller quake also hit San Francisco on Sunday.

"OMG! So scary, just felt an Earth Quake! Anyone else feel it? I hope there isn't anymore," Paris Tweeted.

In Vegas, Danny Masterson Tweeted that he also felt the earth shake. "56th floor in vegas was swayin! Earthquake in mexico," he Tweeted.

METRO NEWS SERVICES

Follow these celebrities on Twitter...

CelebTweets

DEEPAK CHOPRA thinks he can cause earthquakes, **CONAN O'BRIEN** is at the forefront of technology, **JESSE MCCARTNEY** is inspired by his elders, and **DIABLO CODY** is relaxing with the classics.

@DeepakChopra Was meditating on Shiva mantra & earth began to shake. Sorry about that

@ConanOBrien Just got the new iPad. This amazing device has already revolutionized the way I use a calculator.

@JesseMcCartney Sitting at a cafe in Bloomie's next to 3 of the oldest and funniest ladies I've ever seen. I hope I can still tackle a bottle of wine at 80.

@diablocody Watching The Sound of Music. The Baroness is the most reasonable person in this movie

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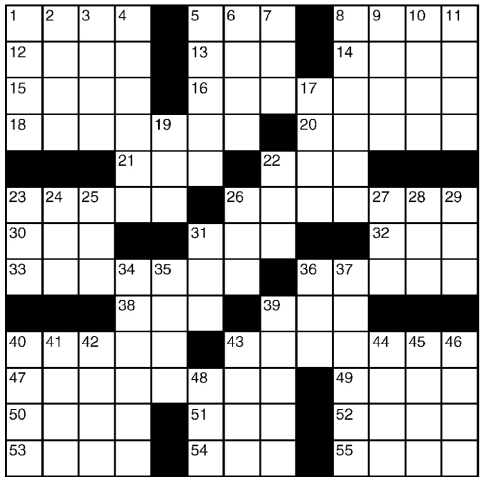

ACROSS

1 One of the deadly sins
5 — Khan
8 Item on stage
12 Chills and fever
13 Roadside weapon (Abbr.)
14 "— but known, ..."
15 Entreaty
16 Chaotic place
18 Attack dog, often
20 Beginning
21 Exist
22 Comedian Margaret
23 Pretend
26 Pitcher's warm-up area
30 Possess
31 Opposite of 29-Down
32 Historic time
33 Mark Twain, famously
36 Dazzlingly bright
38 Whatever number
39 Coloration
40 Anticipate
43 It usually says "HELLO"
47 Slogans
49 Undulating
50 Shrek is one
51 Chow down
52 Computer brand
53Anthropologist Margaret
54 Raw rock
55 Days gone by

DOWN

1 Reindeer herder
2 Wrinkly citrus
3 Tallow source
4 Lipton item
5 Supermarket section
6 Robt. E. Lee, for ex.
7 Oklahoma city
8 Disinfectant chemical
9 Seance sounds
10 Garfield's pal
11 Actor Brad
17 Germany reunifier Helmut
19 Vase's cousin
22 Poolroom stick
23 Dandy
24 Ram's mate
25 Hostel
26 "See ya"
27 Shell game need
28 Mess up
29 Opposite of 31-Across
31 Actress Adams
34 Caught in the act
35 Oppositionist
36 Wrigley product
37 Elbow room
39 Waste maker
40 Teensy bit
41 Carry on
42 Taj Mahal city
43 Approach
44 Mexican entree
45 State with conviction
46"Did — and gimble ..."
48Ultramodernist (Pref.)

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	3			6			7	
		1	3		2	5		
4								6
2		5				1		7
			8		4			
3		6				8		5
1								9
		8	2		9	6		
	6			3			2	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

9	5	2	1	3	6	4	7	8
3	6	7	8	9	4	2	5	1
8	4	1	2	5	7	9	3	6
5	7	9	3	2	8	6	1	4
6	1	3	7	4	9	8	2	5
2	8	4	6	1	5	7	9	3
1	3	6	4	7	2	5	8	9
7	9	8	5	6	1	3	4	2
4	2	5	9	8	3	1	6	7

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Kid-Friendly Pancakes

INGREDIENTS:

375 ml (1 1/2 cups) flour (half all-purpose and half whole-wheat flour)
2 eggs
250 ml (1 cup) 2 per cent milk
30 ml (2 tbsp) canola oil
10 ml (2 tsp) baking powder
15 ml (1 tbsp) sugar
30 ml (2 tbsp) partly skimmed ricotta cheese
30 ml (2 tbsp) hazelnut spread
1 handful sliced almonds (optional)

METHOD:

1. In a mixing bowl, whisk flour, eggs, milk, canola oil, baking powder and sugar until there are no clumps.
2. Mix in ricotta cheese and hazelnut spread.
3. Stir in almonds, if using.
4. Heat a skillet and coat with non-stick cooking spray.
5. Drop about 50 ml (1/4 cup) of the batter onto the middle of the skillet.
6. When the pancake starts to look firm and bubbles a bit on the top, use a spatula to flip it. Cook until the other side is browned.

SERVES 8

THE CANADIAN PRESS

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
If you rush into something of a financial nature today you may have to rush out again quickly — and at a considerable loss.

TAURUS ♉
APRIL 21-MAY 21
Make it your business to ask a friend or loved one why they are behaving so out of character. Don't push it if they don't want to talk

GEMINI ♊
MAY 22-JUNE 21
Unexpected events will throw your plans into confusion, so don't bother planning your day in any great depth.

CANCER ♋
JUNE 22-JULY 22
Someone you have to deal with at home or at work will be rather touchy today and there is a danger their black mood will rub off on you. Don't let it.

LEO ♌
JULY 23-AUG 23
Insist on the facts today. What other people believe may be interesting but it is also irrelevant as far as your plans are concerned.

VIRGO ♍
AUG 24-SEPT 22
The Sun in Aries makes you ultra serious but other aspects make you want to go out and enjoy yourself. So what do you do? You enjoy yourself

LIBRA ♎
SEPT 23-OCT 23
It might be wise to keep your good ideas to yourself today, especially if they are the kind of ideas you cannot follow up on immediately.

SCORPIO ♏
OCT 24-NOV 22
It would appear that you have got hold of the wrong end of the stick where an affair of the heart is concerned. Your fears are completely unfounded.

SAGITTARIUS ♐
NOV 23-DEC 21
Someone will be somewhat critical of your actions today but you must not let it affect what you are doing.

CAPRICORN ♑
DEC 22-JAN 20
You won't be happy with superficial answers today. Use intuition to guide you and logic to evaluate what you learn.

AQUARIUS ♒
JAN 21-FEB 18
Don't let your emotions get the better of you. If you find yourself getting angry you must focus your mind on all the good things there are in your life.

PISCES ♓
FEB 19-MARCH 20
This could be and should be a lucky day for you, but a lot depends on your frame of mind. If you believe that fate is kind, it will be.

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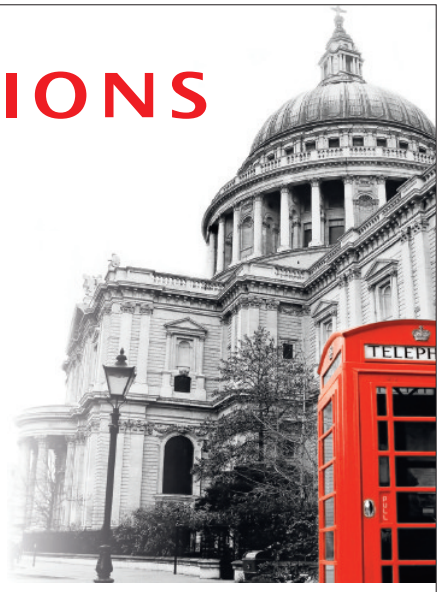

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+Taxes & other fees (including service charges): $229
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Santa Clara via Calgary

Meliá Las Dunas • 4★
All-Inclusive • Standard rm.
May 1 – 29 • 1 wk.
$1189
+Taxes & other fees (including service charges): $212
Departure tax: 25 CUC cash, paid locally

DOMINICAN REPUBLIC

Samana via Toronto

Gran Bahia Principe Cayacoa • 4★
All-Inclusive • Standard rm.
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$869
+Taxes & other fees (including service charges): $314

MEXIQUE

Cancun via Toronto

Occidental Grand Xcaret • 4 1/2★
All-Inclusive • Deluxe rm.
May 28 • 1 wk.
$1129
+Taxes & other fees (including service charges): $290

JAMAICA via Toronto

Gran Bahia Principe Jamaica • 4 1/2★
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